



**K.M.E.Society's**

**G.M.Momin Womens College, Bhiwandi**

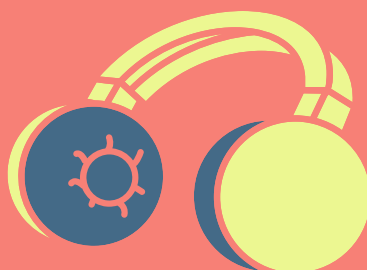
(AFFILIATED TO THE UNIVERSITY OF MUMBAI, RE ACCREDITED BY NAAC WITH 'A' GRADE, RECIPIENT OF BEST COLLEGE AWARD, ISO 9001:2015 CERTIFIED FROM BUREAU OF INDIAN STANDARDS(BIS), FUNDED UNDER STAR COLLEGE SCHEME OF DBT, MINISTRY OF SCIENCE & TECHNOLOGY, SUPPORTED UNDER RUSA 2.0, RECIPIENT OF FIST 'O' LEVEL GRANT FROM DST, GOVT. OF INDIA, WINNER OF BEQET AWARD)

***BELIEVE YOU CAN AND  
YOU WILL***

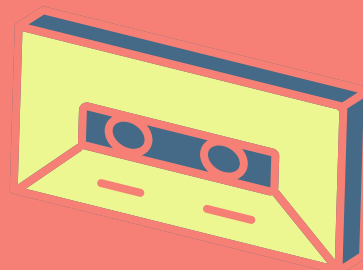


**Fitness centre :  
Established 1st July 2006**

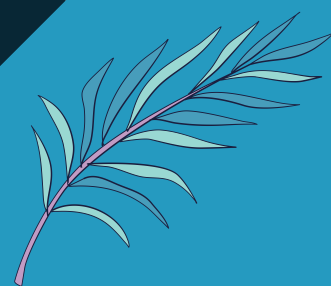




**TIME:  
7:30AM.  
TO  
03:30PM.**







Your body can stand  
almost anything. It is  
your mind that you  
have to convince





**NAME OF EQUIPMENT**  
**CYCLE**  
**LEG PRESS**  
**INNER THIGHS MACHINE**  
**OUTER THIGHS MACHINE**  
**TOTAL HIP MACHINE**  
**SMITH MACHINE**  
**TREADMILL**  
**ABB KING POO**  
**WRIST CONDITIONER**  
**ADJUSTABLE BOARD**  
**ROMAN CHAIR**  
**TWISTER**  
**ARM CURL**  
**LEG EXTENSION**  
**PEC-DECK**  
**LET PULLY**  
**BICEP AND TRICEP MACHINE**  
**SHOULDER & BENCH MACHINE**  
**DUMBBLES SET**  
**ROD**  
**PLATE**  
**ANKLES WEIGHT SET**  
**GYM BALL**  
**STEPPER BOARD**  
**SHATRANJI**



website: <https://gmmomincol.org/>  
 Email: [princy\\_gmmwc@yahoo.com](mailto:princy_gmmwc@yahoo.com)  
 Rais High School Campus, Thana Road,  
 Bhiwandi 421302, Dist.Thane, Maharashtra.

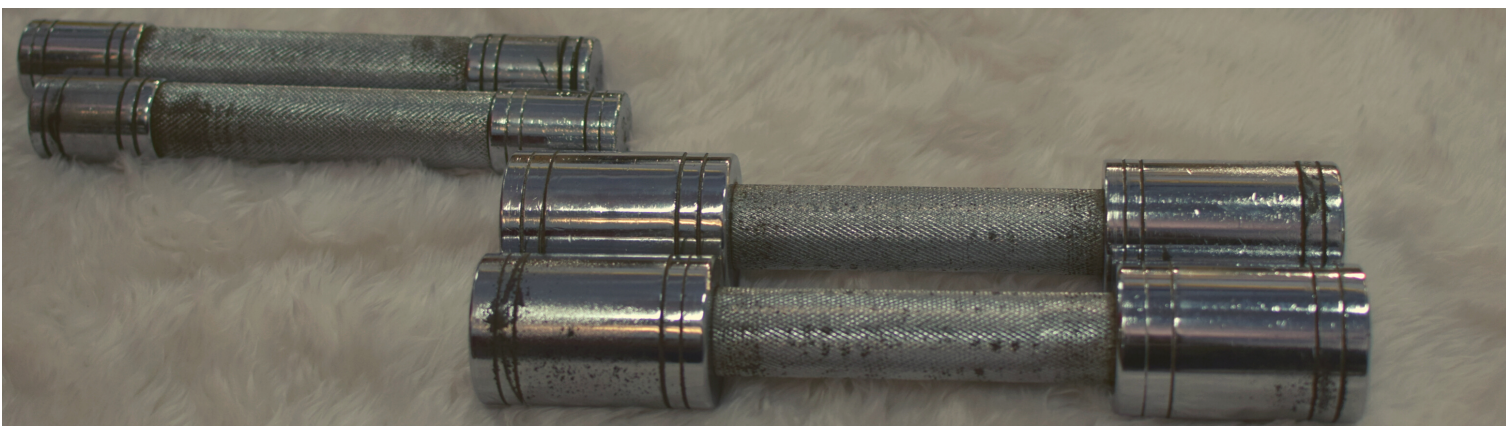




FITNESS CENTRE/GYMNASIUM

IT IS GOING TO BE A  
JOURNEY. IT'S NOT A  
SPRINT TO GET IN  
SHAPE

A Effort to show about how to live a healthier lifestyle





# *I can & I will*

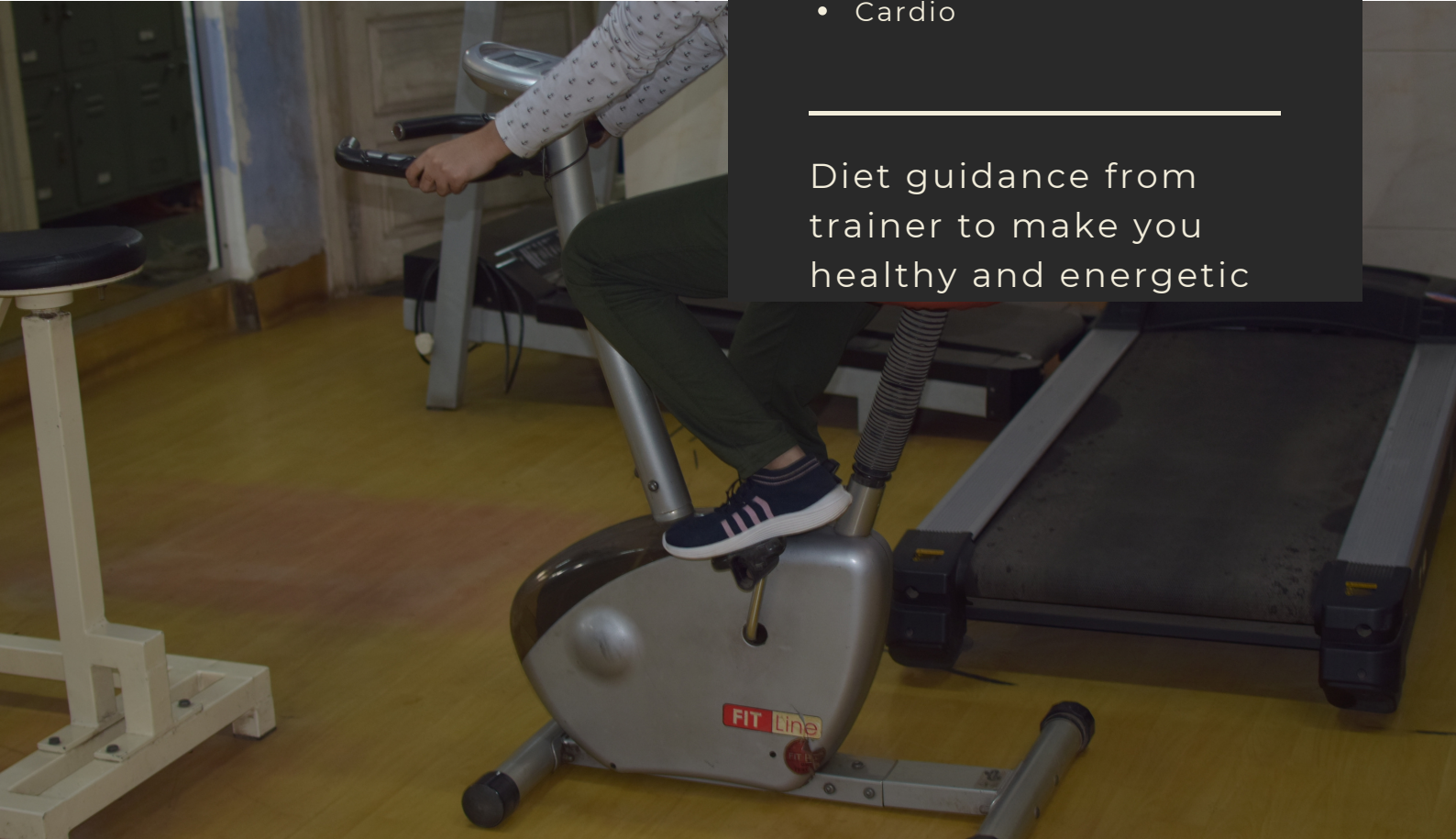
## NO PAIN NO GAIN

SERVICES OFFERED:

- Personal Training
- Strength Training
- Cardio

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Diet guidance from  
trainer to make you  
healthy and energetic



### PROPERTY FEATURES

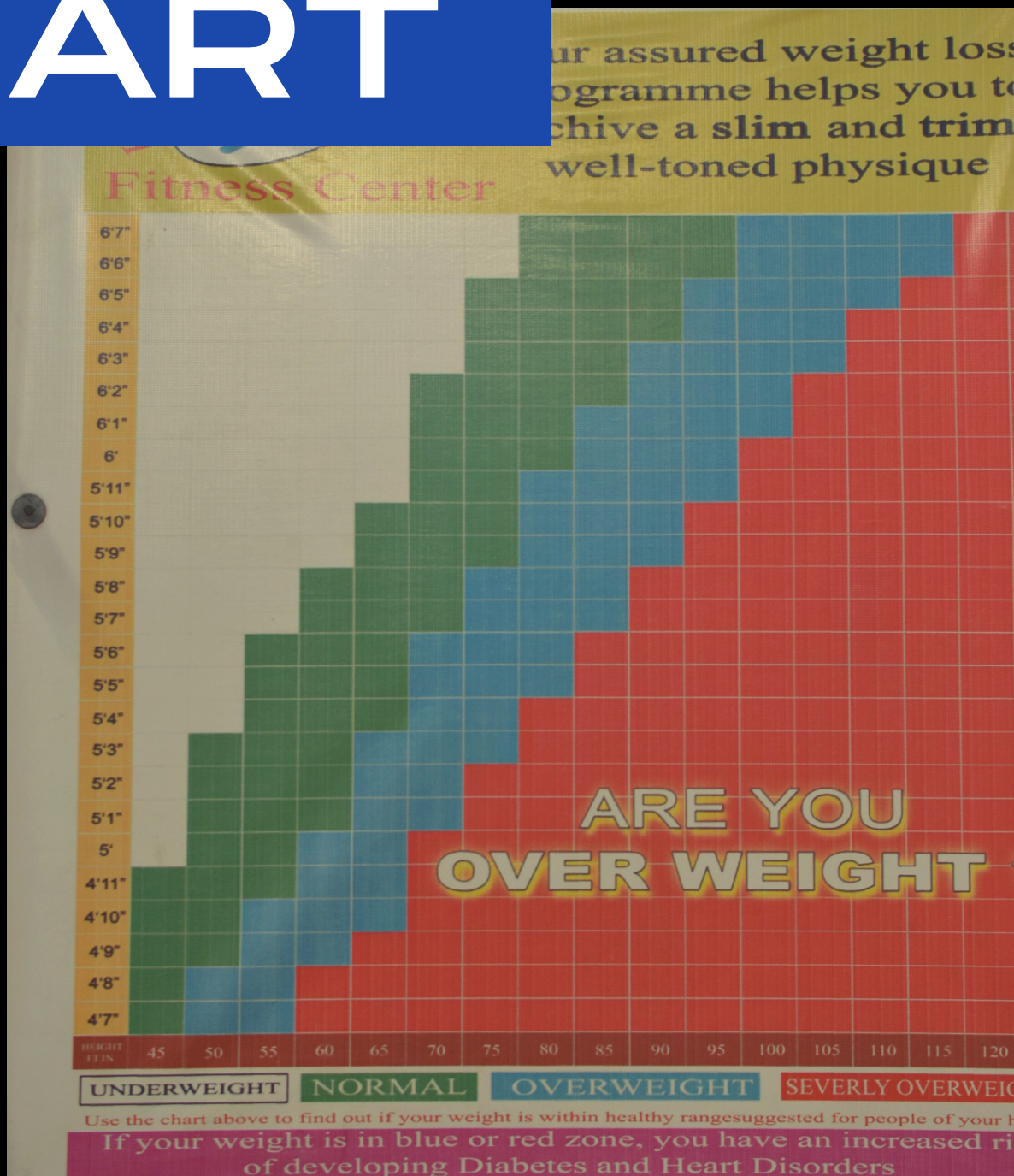
172 SQUARE MEETER, 1 CHANGING ROOM, 1 BATHROOM, 1 WASH ROOM, WITH GREAT LOCATION NEXT TO THE LIBRARY, EXTENTION BUILDING GROUND FLOOR,.

## STAY FIT NOT STILL



# PROFILE CHART

PRO



Use this chart for the reference  
to checkout for your Body Mass Index  
(BMI)





#### Contact Details



##### GIVE US A CALL

(02522) 226958 / 225957



##### SEND US A MESSAGE

princy\_gmmwc@yahoo.com



##### VISIT OUR LOCATION

Rais High School Campus, Thana Road,  
Bhiwandi 421302, Dist.Thane, Maharashtra.

Now that your eyes are open, make the sun jealous with your burning passion to start the day. Make the sun jealous or stay in bed.